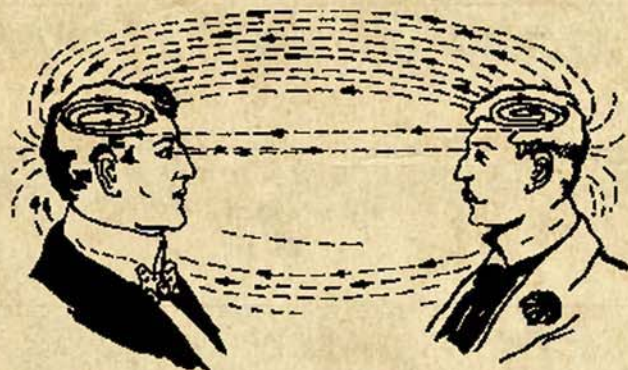


*"How To Become A Model Of
Charisma, Confidence, And Composure
Through The Lost Art of
Personal Magnetism."*



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Based on Van Van Daniel*

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Introduction

“Personal magnetism is best defined as one’s predisposed ability to naturally attract friendship, trust and love from others”.

The objective of this guide is to reveal to you in a straight forward and simple fashion the secrets behind acquiring the powers of Personal Magnetism. With this in mind, the goal is to be able to impart the knowledge in such a way, that it would allow you to start making use of these secrets immediately.

People that have studied this guide before you, insist that the author was very successful in achieving the goal of guiding a novice into understanding and starting to make immediate use of these secrets. They insist that the elimination of unnecessary philosophical discussions contribute to the ability to immediately make use of these powerful techniques. This is one of the key points that separates this guide from any similar publications you might have come across.

Foreword

I take it as a given that the desire to influence others is as appealing to men as it is to women. For men, this ability to influence can bring power, might, riches and happiness to the men. For women, this ability can grant social recognition, popularity, happiness, and love.

It should be clearly stated, with no room for confusion, that these desires are good and are nothing to be ashamed of. There is nothing bad in striving to influence those around us. Desire for wealth is nothing more than the ability to elevate our own potential for usefulness allowing us to extend the sphere of influence to do good things.

Remember when you were young, some of the wealthiest and most recognizable figures were presented to you as role models. They were the shining jewels in the eyes of people older than you. Your parents and teachers mentioned with respect their names and achievements, wishing for you to follow in their footsteps, so that you might achieve similar results. Were they wrong to value the character of the person so highly? I don't think so.

The great minds of the world must constantly remain before us as shining examples of what is possible. Insight into the character and personalities of those people allow us to understand the way they were able to so successfully achieve extraordinary lives, full of excitement, charisma and charm.

In this guide I will give you the insight into the secrets behind their extraordinary success. In the first three chapters I will shed some light on the common principles behind personal magnetism. This will prepare you for the chapters to come.

Chapter 1

Recognizing the power:

I want to converse with you in a completely open and frank fashion. If my simplified comparisons offend the experts among you, I ask you to hold off on your judgments until such a time that you can complete the guide and witness the manifestation of its principles in your life.

When designing this guide I made sure that even the most uninitiated of you could easily pick up the principles and yield desired results in as short a time as possible. It is my view that the general public does not need scientific and philosophical blabbering, but a concise way to better their present circumstances and that is exactly how this guide was written.

Internal Battery:

Perhaps the thought never occurred to you, that you (your body) is in a way an electric battery that is constantly either collecting or dispensing electrical energy. It continuously generates attracting and repulsing currents.

These currents can easily be felt at times, for example when you desire to make an impression on someone. Other times they are not as obvious such as when you make a favorable or poor impression on those around you, *without specific intent*. One thing is certain, one of two things consistently happen, either you influence others, or others are influence you. This is the first fact that must be understood.

Availability of spiritual current:

The workings of this power are easily observed. However, the question at hand is whether or not this is the power manifested by thinking. The short answer is no. Reason being that the power manifests itself whether you consciously direct it or not. Thinking only *partly* influences it as we will discover later. Could this be the energy? Then again energy is only a name we attach to the natural phenomena we yet don't fully understand. So what could it be then? We call this power magnetism, for lack of a better word.

Chapter 2

The characteristics of a magnetic personality:

The first step is to analytically observe the manifestations of the power which people exhibit around us. We will analyze the subtle differences when it comes to that power and draw logical conclusions based on the known characteristics.

We all know people with magnetic power, both men and women, since women are just as susceptible to this power as men. I want to stress, once and for all, that everything said here in regards to men, is equally applicable in regards to women. When it comes to being able to develop magnetic powers in connection to powers of influence, both sexes are completely on equal footing.

The feeling of peace:

When you are in the proximity of a person that has magnetic personality, the first impression that you get from such a person is an incredible feeling of serenity and peace. That person is not nervous or excited. Besides the feeling of peace you would normally notice that they almost seem to carry with them an extra supply of energy, but you can't tell where it's located or how exactly it manifests its presence.

You can't even see a hint of it in their eyes or their gestures. However, beyond a shadow of a doubt you know it's there as an integral component of them, where you could swear a moment ago it was part of you! A certain part of that magnetic power, which they seem to have developed and which you just a

few moments ago recognized in yourself, transferred from you to them without you having any say in it. But we'll get into more detail regarding this later.

Strange Glance:

Allow yourself a closer inspection of such a magnetic individual. You can easily begin to discover the reason behind the feeling of being completely charmed by them. First of all notice their glance. They are not staring at you. They are not looking at one eye or the other, but directly in between your eyes on the bridge of your nose.

Their sharp, confident glance seems like it's peering to the very depth of your being, but at the same time it does not seem confrontational. You feel that they are very respectable...not even a *hint* of disrespect. Notice also that when speaking they don't look directly at you. They seem to be patiently waiting, as if wanting to know your complete opinion before contributing theirs.

When they do speak, they look very attentively at you as if contemplating something, remaining perfectly friendly and welcoming. With all of that another component of them is that they are not indifferent, but at the same time don't encourage excessive arguments either.

Always Polite:

They listen to you very politely. They always seem to be the example of politeness and respect, but at the same time you feel that underneath it all hides an unshakable will, you constantly feel their influence over you. They are the person that you feel compelled to obey. In other words, **the impression they produce is that they know perfectly well what they want, but they are not in a rush to get it, for they are certain that they always will.**

This is the source of their relaxed, confident composure. Knowledge is power, and they know that success is based on the rules and actions that bring about expected consequences.

Weak Becomes Weaker and Strong Becomes Stronger:

The law is contained in the fact that positive must always influence negative. The negative must allow and conform to the power of the other known force, in other words transfer part of its magnetism to it. As the bible says “Whoever does not have, even what he has will be taken from him!” Don’t these words seem to take on a whole new meaning in this context? Wonderful words! They are especially true when applied to Personal Magnetism.

Magnetic People Keep Their Knowledge to Themselves:

Now let’s consider the conversation of a person with Magnetic Personality. Does he ever attempt to teach you? Even if they do teach you something, it is usually very trivial and of no considerable consequence. Things that they say usually have little importance, and yet even though you recognize it you pay very close attention to them regardless.

Not Greedy:

Let’s stop and consider it for a second: they are not greedy, they predispose you to believe them. It almost seems that if they wanted to, they could reveal a great deal to you. In this fashion they slowly awaken an interest in you. Yet it does not seem as if they are attempting to mystify you. Not at the very least.

Their glance is too kind and straight-forward for that. It seems that even if you would have known them for ten years, you would be hard pressed to find an instance where they would attempt to generating amazement toward themselves. Anything of the sort seems completely foreign to their personality and the way they interact.

Back in the day when they were students of the art of Personal Magnetism, just like you are now, then, perhaps they received joy from the amazement of their friends when they exerted influence over people. Now they are over it. The person has a tendency of excelling and climbing onward even if the peak is unreachable.

They Exercise Certain Principles:

When a person with a Magnetic Personality starts on their quest of reaching fame, influence, riches and success – they reach it and take it, for it's rightfully theirs, as a necessary condition of the law, of action-reaction. However, they however don't become satisfied.

They reach wealth in the same way that they reached fame, by influencing others. They control by means of Personal Magnetism. With its help they attract people: they wish and as a result they attract wealth, that is the only possible outcome because they wished for it.

You Are Predisposed To Them:

What kind of impression is left on you by this person with a Magnetic Personality? Surely the kind that leaves you wanting for more interaction with them for in a strange way you feel as if there is a bond of mutual attraction that was formed between the two of you. You are “used” to them as caretakers speak

of the animals they care for. You can't get rid of their influence over you even if you were separated.

They Use Your Strength:

Attempt to recollect the interaction with a person that posses Magnetic Personality. No doubt you will recall that you did everything possible to make them like you. Even though you might not have acknowledged it at the time you know it's true, the person that gave was you, not them.

Indeed it is so, you gave and they took. If they would have desired it they would have steered you as easily as wind steers the sail of a ship. What is the reason? Because it's the law, and they are keenly aware of that law, while you have been oblivious to it.

But they do not want to influence you just yet. Their intent is to leave a pleasant impression. They do it because they understand their vast power, and act similar to a bee flying from flower to flower collecting honey or in the case of this individual, favorable impressions and energy.

Chapter 3

The qualities of People without Magnetic Personalities:

Do you know people like that? Let's paint their portrait as the complete opposite of the one who is in possession of a Magnetic Personality, the powerful individual we discussed earlier. People without magnetism irritate you. If you are in a bad mood, they emphasize it, if you are sad, they will make you even sadder; and if you are happy you will start feeling heavy and gloomy.

Yes, they are unbearable, but don't try to help them. They demand compassion, they think of themselves as unacknowledged genius, complain about their lot, complain about the weather, complain about everything...

They are repulsive:

They are unhappy, constantly blabber, they constantly give away secrets and attempt to make their problems yours. They are a slave to impressions – not very careful, they are nervous, short sighted and unattractive. Flatter them and leave, get rid of them. It is very easy to do this thanks to their vanity and conceit. Acknowledge them and send them packing – that is your wish after all. Do it and completely wipe them out of your memories.

They Bore (suck the life out of you)

You are happy when this kind of person leaves. They used to cost you much power and energy, because so far you did not know how to effectively shield yourself from their influence. If you knew then you would have effortlessly

preserved not only your magnetism, but you could have taken advantage of their weakness if you were inclined to do so.

The Reason:

What is the reason behind a person with that constitution lacking any personal magnetism? It's as simple as the alphabet. There is nothing that is independent in them. They can only complain. Can you possibly imagine a person with Magnetic Personality that complains?

It's unthinkable to have a person with a Personal Magnetism complain, they possess power, because they are the masters of their circumstances. Because they are in possession of such incredible spiritual ability, it naturally helps them overcome circumstances and allows them to firmly handle everything around them.

You Are Responsible for your own disasters

Take the other side of the coin. By his own cognizance, a non-magnetic person endures disasters, and does not even understand why. Weak and constantly complaining, they attract failure just by their internal makeup. Having abundance of ideas they are void of energy, thus they are doomed for failures by the law of action-reaction **“From the one that does not have last will be taken”**.

Now you have two types of personalities. Carefully analyze them. A Magnetic personality should be the model to follow while the second should be a warning of what to avoid. Let this golden rule constantly resonate in your head: “Keep your worries and sadness to yourself. Don't earn for sympathy or flattery. Remember that every wish contains power so use this strength for your benefit.”

Chapter 4

Transition to secret education:

How did a magnetic person become so magnetic in the first place? What did they have to do and what were their results? All these are natural questions; so now please allow me to answer them as straight forward as possible. For now though in order to derive the greatest benefit, forget about the above examples and from this moment on, start applying everything that is mentioned to yourself so that you can better integrate these concepts.

The Nature Of Spiritual Currents:

Desire, no matter what form it takes, is in essence spiritual energy. This energy possesses great power, the kind of power that people with magnetic personalities apply towards influencing others. The expression “spiritual energy” should be understood literally, and not as a figure of speech. Every desire works just like electrical current, and follows if not the same, then similar laws of attraction and repulsion.

Strength that flows from desire:

When you verify for yourself the fact that, realization of any desire deprives you of power of magnetism, you would effectively discover a great secret. Desire is always abundantly present, manifesting itself in a variety of ways. When you satisfy that desire, you loose magnetic power and also become that much more limited to influence others. By giving into your desires you are

loosing magnetism which you should preserve with the intent of achieving greater spiritual and earthly pleasures.

Everywhere there is abundance of strength:

If you learn to view desires not as obstacles, but as means to achieve desired goals, then your success in life is guaranteed. The strength of desire manifests through different spiritual currents: impatience, anger, promiscuity, pliancy, conceit, vanity. The last one perhaps, acting as the most draining of all the rest. In reality vanity often takes on such surprising forms, that a person, without even noticing it, loses tremendous power to satisfy it in some hidden way.

Vision of action:

The moment you start getting any sort of desire, you must direct your intent toward thwarting it and leaving it unsatisfied. Using this conscious effort of your will you effectively protect yourself not only against the draining effect of satisfying desires, but also increase your ability to attract and manifest.

You will have that magnetic power to do with as you wish until such a time as you choose to satisfy your desire. Let's first look at the most conspicuous and yet most draining current, vanity: desire to awe and impress.

Secretiveness Isolates:

Let's define first the meaning of secretiveness. If, for example, you suddenly hear something, no matter how trivial, and suddenly you have a desire to inform your friends about it – choose to keep it to yourself. Remaining quiet

about what you heard puts you on the road to achieving personal magnetism by suppressing and transforming the energy behind your desires.

Your secret – is a part of spiritual magnetism, remaining in your internal battery. If the secret will be kept then it will cause increased power, which will attract more power from outside of you just like money placed in the bank yields percentages. The more secrets you choose to keep, the greater your secretiveness and isolation, the greater will be your reserve of power, which will always be there to serve you.

Secretiveness Vs. mental laziness:

Don't for a second think that the habit to suppress your desires can lead to mental laziness which destroys any desire. Quite the opposite is true. Desire will only increase and strengthen tenfold akin to a river that is stopped by a dam and the more water collects the harder it presses on it. So when you will choose to use your powers, you will find that they have increased.

Manifestation of power behind desires:

Perhaps you have not fully integrated the power behind strong desires. Consider this example. Desire to tell your comrade the news has strength to cause you to call them and if they are not answering perhaps even go meet them at a place where you think they are supposed to be.

So great is the power behind this desire that it causes you to do so much physical activity to satisfy it. It is very important to understand that the important thing is that this power is vital for you. Protect it. You will use it when ever you find a need to influence someone in order to achieve success and desired satisfaction.

The Mighty Secret:

The interesting fact is that people will usually conform and follow the authority of those they respect but don't understand.

Who can penetrate the thoughts of a magnetic personality? They are secretive; and you can't figure them out, because they will not let you. They can't be figured out by you. As a magnetic personality you need to be similar to person you are influencing, but you should not be vulgar and obsessive.

Originality and strangeness in behavior interfere with true strength. It is not strangeness and eccentricity of a genius that endear us to them. We respect genius in spite of strangeness and eccentricity. Intentionally arousing interest toward ourselves might make people lose true respect for us. For this reason attempt to keep everyone around you completely in the dark in regards to who you are.

Arouse their interests in the following fashion for example: someone informs you of some amazing news, you politely hear them out, but without any excitement or comments. This alone would cause the person that brought you the news to be surprised, they will be amazed that in their view such amazing news seem to barely impact you.

Show them, that you are interested, but not to the point of easily losing your calm over something like that. What are the consequences of this? They will discover a spiritual balance in you which they never supposed was there. They will become curious. Excellent, you have begun to command their respect. Your personality seems mysterious and puzzling to them.

Beneficial use of secretiveness by great people:

Throughout history famous political leaders, when faced with imminent danger to lose their followers, turned unhappy people into their most zealous supporters by means of exceptionally charismatic and magnetic personalities.

Take a historical figure such as Charles S. Parnell, the famous Irish leader in English parliament. He was as many whispered the “Uncrowned King”. He embodies a great example of manifestation of personal magnetism, perhaps even more so than Napoleon, Wellington or Gladstone.

(note update name for modern figures)

Even with friends Parnell was rather reserved and secretive. The Magnetic Personality of Parnell was so evident, that even Gladstone, his constant nemesis, acknowledged his charm, strength and his decided superiority.

Parnell was always brief, but always made tremendous impact on his listeners. His voice was not loud or rough. If ever there existed a man that was able to remain secretive in spite of enormous powers that existed in him, meanwhile controlling the reigns of one of the most hard to please and volatile parliament, it was indeed Parnell.

The reason for his downfall is of no consequence here. He achieved his position mainly due to smart confidence and application of stealth influence and awesome magnetic power.

Utilize the strength of others:

Understand that being silent and being antisocial is not the same thing. When I say being reserved and self contained I mean the habit to hold at bay your

thoughts and successfully control them. Bring forward other people's desire to share their opinion. As long as you appear mysterious to them you will remain a source of great power. As soon as you satisfy their curiosity, there will be a reversal of energy which can be compared to electrical discharge.

You allowed the exchange of currents, achieved satisfaction, equivalent to electrical neutrality. You gave and received, thus achieving a temporal hold in development of your magnetic power. But being consistently secretive and not allowing yourself to satisfy the curiosity of others, you keep the magnetic power for yourself. You become a magnet while others act as iron.

Word of Warning:

This is a good place to warn those easily exited as well as the more skeptical students. Remember that when studying, especially at the beginning, you must remain very careful and prudent in all your experimentation. All your efforts will be useless if it will be found out why your behavior has changed.

There is no need for others to start noticing that you are possessing new knowledge and are attempting to keep it hidden. You should not, in obvious ways, attract other people's curiosity. I suppose that even talking about your dreams and aspiration is not advisable.

By discussing topics related to magnetism and acquisition of power you will break the main rule of studying personal magnetism, specifically - the rule of keeping the knowledge for yourself and suppressing the feelings of conceit/vanity.

Always avoid Flattery:

Charming or magnetic people never talk about themselves. Because of that other people talk about them more, get astonished, approve of them, in such a way magnetic personalities get greater results, then if they would have spent time talking with the purpose of eliciting flattery to satisfy their conceit and vanity.

The reader might say: “this does not apply to me. I never look for flattery”. Truth is, there might be one in a thousand people like that. Every human being seeks approval in one form or the other. Those that spend a lot of energy pursuing it – usually achieve it the least. They are incapable of keeping a magnetic power, which attracts to it all sorts of spiritual currents.

Chapter 5

Mighty Power of achieving approval, maintaining it and applying it:

Everyone can remember in their life a moment, when they relayed something or even wanted to relay something, imagining that once the people hear it, the end result will be that they will be convinced of the speaker's spiritual depth, awesome qualities and superiority.

This desire is best labeled as attraction to validation. This is a dominating power in human nature. It can be observed even in the animal kingdom. There is no reason to be ashamed of it, it's completely natural. The importance here is the understanding that it is indeed a powerful generator of energy, which we can fully tap into.

Does an average person not experience impatience at the opportunity to deliver to his friends any information or news that uplifts them in their eyes? Out of a hundred, ninety people do exactly that. They don't understand that the desire for approval is one of the most powerful secret energies in nature. They don't see that this drive often causes you to do things that go against common sense and good taste.

At any rate, be certain that this unseen, but none the less devastating power is "spiritual energy", which can be used to your enormous benefit instead of being used to "discharge" yourself.

Beware of energy loss:

Attempt with every part of your being to achieve the following: suppress in yourself desire for approval the moment it starts to manifest itself. What ever you do, don't satisfy it. If it proves to be very difficult, it will only serve as proof of it's presence in you, which is truly great.

Recognize it for what it is, a presence that is attempting to connect with the opposite strength and be neutralized in the process. If you follow this rule regarding secretiveness and suppression of desires then you will easily achieve **an** extremely powerful magnetic personality.

Soon you will notice amazing changes:

If you will consistently apply the rules which were revealed to you, shortly you will notice great changes: your confidence will increase, along with self esteem and feeling of great power within you. After every intended suppression of your desires you will be feeling new strength in every part of your being.

Soon you will notice changes in the way other people treat you: you will notice that they put more effort into spending more time with you attempting to converse with you on different topics. Following the rule of "not satisfying their curiosity" you can always easily keep and increase your influence. Continue to cause great curiosity and attention, but don't let them notice that you are intentionally doing it.

Chapter 6

How to use the power of the opposing side for your benefit:

Previously it was shown that desire and wishes contain power, or more correctly a type of power, which you can use to influence others. Now you must clearly imagine, if you have not already done so, that every desire is spiritual magnetic power. No matter whether it's positive or negative.

Also know that it always attempts to connect with the opposing power, it wants to be satisfied, becoming neutralized in the process. The reader will learn how to use the negative power just like a Japanese martial artist and turn that strength and power against itself.

Recognizing the Natural power:

You have learned to recognize magnetic value of keeping a secret and suppressing conceit and vanity. Now I want to show you that any temptation will be a hidden treasure from now on. Everyone that understands the principles behind personal magnetism will happily welcome temptation in all of its forms, for they know, that victory over this temptation only serves to strengthen their spiritual magnetism and charge up their batteries. It only serves to increase their own influence and magnetic personality power.

To succumb to temptations and satisfy desire, will mean the destruction of ability to attract and consequential weakening of your internal battery. The defense and isolation of your spiritual powers requires knowledge of certain rules and laws, which you will learn from this guide.

Perfect exercise for development of energy:

Now I want to give the necessary explanation that touches upon a way to conserve energy. Imagine that there is certain desire that has taken hold of you or you are faced with temptation. Previously you would have been indifferent to it, but now you are excited by it, it presents you with an opportunity to convert it and generate new power for your internal battery. All your thoughts must be focused on the intent of using this power of temptation for your benefit.

Start breathing slowly and as deeply as your lungs will allow. This must continue for about seven seconds. At the time of this exercise mentally repeat: “Now I am intentionally making all the power of this desire mine”. Then stop the breathing for about eight seconds and say to yourself: “In a second I will consciously possess this power, and from the present moment – it belongs to me and becomes my possession”. Finally start breathing slowly for about eight more seconds repeating: “Now I am completely calm and balanced and fully in control of my magnetic power”. This exercise can be repeated several times as needed until you feel fully in control of the power that was contained in manifested desire.

Beyond the influence of temptation:

I want to direct your attention to the fact that temptation loses its power over you the very moment you decide to put into action intent to conquer it. That same moment you can use its strength for yourself. Because of that you become inaccessible for temptations, which for many is a quest entire lives are dedicated to.

For perfect clarity, allow me to compare temptation with a stick of dynamite that fell next to you and whose fuse is burning. Knowing the nature and design of this explosive device you quickly approach the dynamite and pull the fuse out of it. The strength of this stick of dynamite is now yours and you can do with it as you will. The uninitiated person would have allowed it to explode and would have suffered greatly from it.

Chapter 7

To see truly noticeable results time is needed:

Someone may say that the previous chapters were too easy; they might wish for something more mystical and difficult. To this I can only answer: “Follow the laid out principles and observe for yourself. There is no other way to learn”. It’s impossible to demand complete change in character the very moment after the start of application of the principles.

This guide shows you the laws which you must observe and which will clear any obstructions on your way to develop a magnetic personality. Give the plant sunlight and it will grow. It will not start blooming with all its beauty right away, time is needed so that it can naturally develop. For the person studying these lessons the light is the understanding and applications of the laid out principles. The more they apply them the faster they will develop.

Some immediate consequences:

Usually after four-five days the person that started applying these principles will see results of their efforts. First thing they begin to experience is increased confidence and belief in them. Following every suppression of desire you naturally experience increase in your personal power, clarity in your brain and vitality in your body.

There is nothing imaginary in this feeling and it is not related in any way to conceit or vanity. There is nothing unpleasant about it and you welcome it calmly and with complete trust.

Example:

An important aspect of developing the principles is to not blame others for your mistakes, which are a result of inadequate amounts of magnetic power or belief in ourselves. Every time there is a mistake, know full well that it has occurred at your own volition.

Observe yourself carefully when you meet your friends. For example let's take person A. For whatever reason this person always arouses your curiosity and you have a desire to become friends with them. You feel, though, that they stay away from you and that your company does not satisfy them.

Observe your previous interaction with them so that you can understand the reason for it. It will become obvious to you that they are the collector and receiver of the energy, while you are always charging them and losing power in the process of knowingly or unknowingly seeking their approval. Did they ever approve of you? No. Did they make full use of your approval? Yes. Did they attempt to keep it? No. Now you might be better able to understand the main rule of preservation of power described in this guide.

Person A extracted out of you power, while you should have gotten that power out of them. What must you do? Stop. You are on the right path. Think about the nature of the rules you discovered. Leave person A for a few days by themselves. Carefully preserve your powers which you formally wasted.

Did you do anything fun or exiting you can tell your friend about? Save it for yourself. Keep it a close guarded secret. It seems easy, but the habit of telling every minute thing that happened for the momentary satisfaction or approval makes it difficult for you. Constantly it conquers you and makes you weak, and non-magnetic, but no more.

Suppress the desires of the flesh as much as you do your mental ones. It's not an old teaching about denying instant gratification, but the law regarding the power of spiritual currents. It's not difficult to test this law. Firm understanding of it will prove, that first you must oppose power of others and attempt to turn it to your benefit. Possess it and then direct it as you see fit.

Chapter 8

Study of actions:

Some of the readers might say: “Suppose that I possess all these powers, having carefully concentrated in myself the powers of desires of spiritual and bodily nature and having collected all of that energy, what will happen now?”

Concentration the power of magnetism in this fashion attracts to itself opposing strength the same way, like positive electrical current attracts negative. It happens without additional efforts on your part. Your external mannerism and your actions will undergo unconscious changes. You will discover that all is well, things you were unable to achieve before, will be achieved now without any effort.

This must happen because the law demands it. You should not be impatient though. Don't get discouraged if you don't get something you wanted so much right away. It will come to you.

Physical changes:

When a person begins to develop personal magnetism using this guide, their whole being undergoes changes. Their eyes become brighter; skin becomes clearer, walking stance straightens. The face loses the expression of hidden fear, concern and hopelessness. They are no longer a victim of the hidden powers of human nature. They become clearly understood principles. The world presents itself in a new light. They slowly begin to feel power and realization of what makes them happy and fulfilled.

Exceptional Results:

As soon as the reader reaches that state of exceptional results, they should be especially prudent, so that they would not suffer in the long run. Even conversations about this precious power might negatively impact it. Another thought that occurs to me, an exceptional consequence of mastering this power is that the things you coveted so much before now will seem less impressive. Don't get discouraged by this fact though, for if anything you should be happy and find contentment in this power to manifest anything you want.

Chapter 9

Useful direction for practical application:

After you have completely integrated the laws of preservation of energy which deal with spiritual currents and achieved a corresponding level of magnetic personality, you would do well to remember some of the guidelines that will help you more effectively apply your newfound knowledge.

Take for example a situation where you need to talk with a person (e.g. person B) that always repulsed you. Further more suppose they are vein, stubborn, braggart, and easily offended. In his circle of friends he is highly respected, but he is completely foreign to the ideas of being considerate. For a person that is kind and sensitive it is pure agony to have to deal with person described above, especially if they need to ask for a favor or some service.

People like person B feel great pleasure when they have opportunity to underline the fact that the other person needs something from them. There are however easy ways of dealing with those people. Your knowledge and habits of conserving power of desires will completely protect you from any attempts of the opposite side to impact your nerves and attempt to take advantage of you by impacting your vanity or conceit.

You come across in true light, a person that is modest and polite. They however unmistakably feel that you can make great impression upon them if you so choose. This realization of **t**his is the power, which manifests itself beside your will. This power does the job of impressing or preserving the power of the opposite side from impacting you. Recognize in yourself extra power, and then easily and confidently start the conversation. Don't let them catch you unsure of

yourself. In your mannerism should only be a pleasant, calm, and unshakable belief in yourself.

Central Glance:

At the time of this conversation with person B look them straight between the eyes, on the bridge of the nose located between the two eyes of every person. While you are at it imagine that you see there a small dot and you are aware of the weak side of character of the person B (all people of that quality are indeed weak and deserve nothing more then contempt).

So, talk with this person in a calm fashion observing the dot between their eyes. Don't stare at them in a gloomy fashion. You will soon see that he will begin to uncomfortably dart his eyes from side to side. Force them to look at you while you talk to them, but when they talk look away. Look at their clothes, shoes anything you want, just don't look them in the eyes.

Listen to them in respectable fashion. As soon as you start speaking start looking at the imaginary dot between their eyes. All of this must be done covertly without bringing any attention to it. They should not suspect that you are attempting to analyze something in them.

Calm presence – that is the base of your behavior. This person will never forget you. As for the result of your conversation, you can be sure, that everything was done to make unforgettable impression upon person B and that the impact that was made upon them was much greater then he allows.

How to reach contentment and confidence in oneself:

For this exercise you need complete isolation. It will allow you to acquire natural mannerism, ability to pleasantly speak and have unshakable confidence in yourself. The exercise requires you to talk to an imaginary conversationalist. You must be absolutely alone so that no one could see or hear you.

The best place for this is an open field, but being locked up in your own room you can be sure for the most part that no one will see or hear you. The first five minutes should be spent breathing deeply and evenly, take deep breaths as far as your lungs will allow and continue breathing in that fashion. After five minutes quickly lift yourself off the seat and start talking to your imaginary acquaintance.

For this goal you can use your own reflection in the mirror or imagine yourself in your own head. You can say whatever you want, but you must carefully weight every phrase in you mind first. You must speak with confidence and conviction. Be very clear with every syllable; let the words fly out of you.

Point your finger, walk back and forth in your room make expressive gestures, do it as if you were talking not to an imaginary, but a real person. This is an excellent exercise. It will develop confidence in you, and most of the great people are very familiar with its results. You will soon discover all the surprising benefits of this exercise.

If ever for some reason your confidence is shaken or you need to strengthen self resolve and belief, apply this exercise for half an hour and you will get amazingly favorable results. Look out for financial benefits which are surely to follow your exercise regime utilizing this particular exercise.

Magnetic Handshake:

It is often important to greet people with a handshake when you meet them. Look kindly between their eyes and attempt to wrap as much of your hand around theirs as you take it from the bottom. Don't squeeze their fingers. After a fast and warm squeeze, take away your hand. While you are taking your hand away, if possible graze their palm and fingers with your fingers, this is a natural heartwarming handshake, and it also brings its own favorable results.

Chapter 10

Development of a magnetic glance:

In the previous chapters I described the method to look at the imaginary dot between people's eyes which we will refer from now on as "central glance". There is no need to use it always; it should only be used when you want to make an impression upon someone.

Unfortunately this impression could prove to bring unfavorable results and you must avoid this reaction. Use power wisely and strategically. If you want to be kind and welcoming in any company, you should show interest to those around you. Don't laugh without reason; it definitely puts a person in a very uncomfortable and compromising position.

Attempt to give your face an expression akin to observing an interesting show that awakens in you calm interest. Use a central glance, but support it with especially kind and welcoming demeanor. In this way you will leave favorable impression of politeness and strength.

Exercise with the mirror:

This is the exercise for developing the proper glance and composition. Hold a small mirror in front of you at a distance of approximately a foot, or stand at about that distance from a large mirror. Make a dot on the mirror with a pencil in the spot where you see the reflection of your nose bridge.

This mark serves for you to easier keep your glance for a period of 10-15 minutes. Fix your gaze at that dot between your eyes, hold yourself completely

relaxed and keep looking at that spot. Don't blink. If you have a desire to blink, attempt to slightly raise your eyelids. Raising your eyelids also has a calming effect on the eyes as much as if you would have closed them. The exercise should not last longer than 15 minutes.

The best time for this is usually in the morning when your nerves are fresh. For the beginner it would prove difficult to sit still for even 5 minutes. The beginner must achieve this calm and relaxed feeling so he could master his own nerves if he wishes to reach a next stage in his development.

Result:

The early morning is the best time for this kind of exercise. Your head is fresh and your body is well rested. Having started to do the exercise starting with 5 minutes increase it by a minute each day, until such a time where you will reach 12 to 15 minutes. After about three days of this you will discover unmistakable strength and power in your glance.

In the stares of others you will be very sensitive to noticing timidity and uncertainty. You will notice that even people that will look at either one or both of your eyes with a sort of challenging energy being projected, will be quick to look away if you calmly direct the central glance at them, of which of course they know nothing.

This central gaze causes you to have confidence knowing that when you look at any person you can practically penetrate their head with it. At the same time you avoid other people's gaze and influence of eyes. The above mentioned exercise with the mirror will quickly give you a magnetic gaze. Eyes are indeed windows to the soul and people who are in tune spiritually can often have a complete conversation through eyes alone. You should not need to go through

extra efforts to gain powerful gaze. Wearing glasses does not impact your gaze in any way, if anything the effect is often enhanced.

Chapter 11

Three ways of distributing your magnetic influence:

When using any one of these three methods, the first step is to retreat into a quiet space. Once there a person should spend about 10 minutes just relaxing and allowing every muscle in his body to become relaxed while not concentrating his mind or thoughts on anything allowing the head to rest and relax as well. Once these 10 minutes are up you are ready to start implementing one of the exercises. Now let's transition into their description and explanation.

1. Psychological photograph.

After you are relaxed sit at a table, take a blank piece of paper and start writing on it a short phrase. Write for example: "I want for my arguments with such and such person to stop" or "I wish to make a favorable impression on person such and such" or "I desire for the such and such person to feel compelled to do so and so".

After you have written it out, lean back in your chair and start staring at a piece of paper, while staring at the paper your breathing is deep and calm. Your thoughts should concentrate fully on the meaning of the words which you have written out on paper. This is psychological photograph.

If you start with smaller things at first, for example you demand better health, strong will, better memory, confidence of spirit, you will be more likely to start seeing results faster which will only server to reinforce in you the knowledge that it works.

2. The Solar Plexus method.

The Solar plexus is a big hub of nerves. Some people even suppose that it acts as a sort of brain which heavily impacts your moods. Many view the solar plexus as a magnetic nervous hub, which influences those around you, or can be influenced by others.

After you have gone to a quiet place and have become relaxed, take off all the clothes which interfere with free breathing and lie down on a bed. Using deep breaths expand your chest and simultaneously suck in your stomach. Stop your breathing and transfer the air from the chest to the stomach allowing the chest to drop and stomach to expand.

Do this air transfer five times, then begin breathing again and after taking another deep breath repeat the exercise. Repeat three times. Anyone that allocated some time to this exercise can easily see that it directly impacts the solar plexus. This exercise also effectively massages internal organs. The cornerstones of this exercise should be for you to keep in mind your desired wish while completing the above exercise. This exercise is very effective in strengthening your confidence and is meant primarily to influence yourself.

3. Muscle method.

The theory behind this method is rather ambitious. It comes out of the theory that all powers, be it the one of mind, spirit, electricity, muscle, and so on, are in essence the same coming from some common source and only differ in name.

According to this method the student must first be completely alone and then after standing up must bring every muscle in their body to the state of complete tension. With this method you will definitely get strength which will remain until such a time when you need to utilize it.

The attention of the student however must be completely focused on achievement and satisfaction of their desired outcome, knowing full well that his physical action will lead to desired mental result. It is vitally important that they imagine the strength coming out of the muscles being transitioned into spiritual form and impacting particular people or circumstances.

In the everyday life this exercise is used with great success. One of my friends did this exercise for a week. Every morning he repeated the same phrase: "all my things are going increasingly better!" He received the desired result. "Why are you not continuing exercises?" - I asked him. "I don't know", was his response.

It is likely that every one in same circumstances would answer in a similar fashion. There only reasonable conclusion is that the known principles end up not utilized only because they seem so simple that they don't elicit much trust.

Chapter 12

Believe dramatically increases results:

In the previous exercises, belief in successful outcome of what you are doing is definitely an important component, all though it's not vital. I understand that the beginner will have a difficult time believing something they don't fully understand. Because of that here are some guidelines and ideas that might help strengthen your belief.

How you can achieve belief with affirmations:

You probably allow for the fact that belief can help you reach all your goals considerably faster, yet you might not fully believe it. It is true that you can succeed even without belief, but with belief you can achieve your goals much quicker and easier. Belief will get rid of any doubts.

The very fact that you are studying this proves that you want to excel. This in itself is already monumental. At any rate this won't hinder your progress and won't make you weaker. Look at it as a part of the puzzle and attempt to suppress in yourself any doubt, believe even though it might seem that doubt would be more appropriate in any particular state of learning.

Any person seriously approaching the study will achieve amazing results. Many people that implemented this plan have conquered many difficulties in their life. I have not met a single person seriously desiring to undertake my course of study that did not successfully achieved desired results. The writing says that "Belief without action is dead", at the same time action without belief does not have too much weight either.

Chapter 13

Conscious development of will:

Applying the principles described in this guide to achieve personal magnetism has a very good side effect of developing very strong will in you. It is also important to allocate your focus and effort to consciously work on developing your will as well. The reason being, that strong will manifests itself in your appearance and in your actions even though you might not be directly aware of it.

The foundation for development of will:

It is enough to know that any successful completion of any sort of difficult task, strengthen your will. Test it out first on something trivial, and you will verify the truth of the above statement. Attempt for example, to draw on a piece of paper with one hand a circle while simultaneously drawing a square with another hand. Make a decision to complete this task and go at it.

When you finally succeed at it, you will be able to lean back in your chair and recognize that you were able to achieve something thanks to your will power. By understanding the above mentioned principle, you transfer power into your internal battery which from that point on could be used toward resolving something complicated, like an issue you have had for a while.

When it comes to utilizing the power of your internal battery, decide once and for all to resolve that issue with all the strength that you have and say to yourself that you will resolve it no matter what. After every such victory your will become increasingly stronger.

Most successful application:

The person in possession of greater will power is usually not the one that attempts something with a fierce grimace on their face and grinding of their teeth working in a very tense fashion. That person might complete their task, but at the expense of great energy resources, and they will never compare to the person that is calm and thoughtful.

The person that is calm attempts any project having thought about it. They laugh at any failures and patiently begin the task at hand all over, always certain in their strength and resulting victory. For that person his work is not a struggle, as it is for other people. For calm and calculating person their work is only a period of spiritual activity which will always have a favorable conclusion.

Chapter 14

Method of active manifestation, there is no need for it:

Looking over this guide that is reaching its conclusion I can foresee some of the people reading it as saying: “You were successful at showing how to attract things, events and people using passive mode, how to preserve power, but you did not say anything about how to actively implement this power”.

In reply I could direct them to chapter 11, but I know that they would prefer a specific reply. Technically there should never be a need to actively manifest this power. The very presence of it within you is enough to attract others to you and predispose them for friendship, trust and respect. All these advantages in themselves being great reward also generate additional benefits.

Often they will open an opportunity for power and influence, you spend so much time attempting to gain in the past. Your previous attempt at these was doomed to fail, because you did not consider that ruling over all material things can be achieved by means of the spiritual activity.

Relationship between spiritual and material elements:

Allow me, for purposes of clarification, to present you the following example, a lake with a beautiful island in the middle.

The island represents any sort of a thing which you are attempting to gain, for example wealth; the water of this lake represents the ruling spiritual forces and circumstances. You naturally would have the desire to jump in and get to the island. You just stir water and splash a lot, which is the best comparison of your

spiritual state, which you don't even realize at first. To reach the island you must learn how to swim. That is to say you first must observe the laws of spiritual order, before you will be in a position to reach material wealth.

Even though I don't approve impatient desire of the student to actively manifest their strength, especially if they were able to successfully integrate their slow but very effective passive methods, I still can satisfy curiosity of that reader as well.

Inductive process:

Keeping in mind the understanding of the flow of currents described earlier in this guide, suppose you want to make a favorable impression on your new friend. Concentrate your attention on the fact that they represent an object, through which spiritual currents flow, you are the one that not only manifests but also has ability to receive and hold back those currents.

Allow that friend the opportunity to express themselves, drawing from them as much as possible, and attempt to listen to them with utmost attention. While paying attention, carefully apply the central gaze. Attempt to do what ever you can, so that they will not start noticing the central gaze; while at it collect all your powers and attempt to go on the inside of yourself.

Directing at them your spiritual currents in the form of smart comment or hints you awaken within them similar currents. Discover their interests and passions, support them in their hopes and carefully expressed occasional flattery. In this way you will quickly develop in them complete spiritual solidarity with you; that is to say they would find your company of great interest and prefer your company to all others.

Remember not to use stupid and obvious flattery which would be a great mistake. Only simple minded people are susceptible to blatant flattery. Awaken in yourself the current of true genuine curiosity and good will. You will easily be able to achieve it if you throw everything else out of your head.

If you would understand this principle of influence and attraction, which exists between two currents, you will find that attracting to you other people is something that is a lot of fun to do and to study. Don't attempt to attract to you people just solely based on wishing to do so, do it with intent to strengthen your power and observe this law in different circumstances.

Study of the power through affirmations:

Another way of actively studying this power is affirmations. If, for example, being in some company you desire that a certain person would introduce themselves to you, apply the following principle modifying it as needed. This has been tested through thousands of trials and proven to work, unless some extraordinary circumstances prevent it from working.

Choose for your experiment a certain person. Walk by them in such a way as they would see you. Do it as often as you can without being annoying. Every time you meet their gaze, use central stare in a calm and respectable fashion. At the same time as you use your central stare repeat internally as if wishing to talk to them: "you desire to introduce yourself to me; you want to be introduced to me". Insist on it firmly and meanwhile suggest it with your expressions. Shortly this person will feel compelled and will find away to get introduced to you.

Preparation is key:

There is no method be it active or passive that would not give noticeable results even if they are very small, if the student allows for their concentrated power to increase, that is to say if they would be able to continuously collect the power in such a way as it was described in this guide.

Furthermore, it is not recommended and indeed would not be prudent to start utilizing the methods in this chapter before you fully integrate the principles in the previous chapters. Everything has a price. When it comes to personal magnetism, the price for it is to completely suppress the vanity and conceit in all of its forms.

Chapter 15

Conclusion:

In conclusion, I would like to say a few words. It was a great pleasure for me to create this course. I think it is quite concise but will give you solid knowledge. Allow me to give you one warning: beware of nasty habits.

Nasty habits are great destructors of personal magnetism. Any bad habits that the person has can be fully attributed to their lack of personal magnetism. Nasty habits are a source of great power. They all come under the common category “temptation”. You could fight them with the use of the principles I have described in this guide, that is disarm them of their power and keep it for yourself, which would serve to destroy their negative effects.

In conclusion notice: You have successfully studied how to generate, keep and manifest the power we call personal magnetism. You must not forget however that you can always protect yourself from the negative influence of others by using your will. You can protect yourself from those attempts if you can hold yourself confidently and calmly.

During the entire course I had suggested to you without putting it into words that you are studying power which in itself does not possess consciousness or individuality, but is a part of you because it is created by you at your volition. Finally know that personal magnetism is most potent when the power and will are working in unison and thus bare desired fruits.